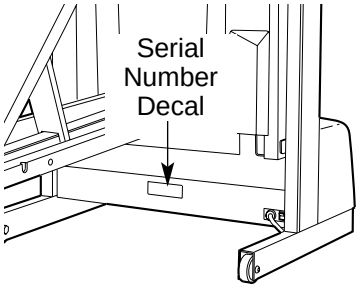
PRO-FORM STRENGTH & AEROBIC TRAINING

CROSSTRAINER

Model No. PCTL50070
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-888-936-4266
Mon.–Thu., 6am–6:30pm
Fri., 6am–6pm ET

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

PRO-FORM STRENGTH & AEROBIC TRAINING

CROSSTRAINER

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Note: An EXPLODED DRAWING is attached in the centre of this manual. Save the EXPLODED DRAWING for future reference.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the PROFORM® CROSSTRAINER.

1. It is the responsibility of the owner to ensure that all users of the CROSSTRAINER are adequately informed of all warnings and precautions.
2. Use the CROSSTRAINER only as described in this manual.
3. Place the CROSSTRAINER on a level surface, with eight feet of clearance behind it. Do not place the CROSSTRAINER on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the CROSSTRAINER.
4. Keep the CROSSTRAINER indoors, away from moisture and dust. Do not put the CROSSTRAINER in a garage or covered patio, or near water.
5. Do not operate the CROSSTRAINER where aerosol products are used or where oxygen is being administered.
6. Keep children under 12 and pets away from the CROSSTRAINER at all times.
7. The CROSSTRAINER should be used only by persons weighing 250 pounds or less.
8. The CROSSTRAINER should never be used by more than one person at a time.
9. Wear appropriate exercise clothing when using the CROSSTRAINER. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women.
10. Always wear athletic shoes when using the CROSSTRAINER. Never use the CROSSTRAINER with bare feet, wearing only stockings, or in sandals.
11. Inspect and tighten all parts of the CROSSTRAINER regularly.
12. When connecting the power cord (see page 8), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
13. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
14. Keep the power cord away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the CROSSTRAINER if the power cord or plug is damaged, or if the CROSSTRAINER is not working properly. (See BEFORE YOU BEGIN on page 5 if the CROSSTRAINER is not working properly.)
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The CROSSTRAINER is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than one hour.
19. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
20. Do not attempt to raise, lower, or move the CROSSTRAINER until it is properly assembled.
21. You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the CROSSTRAINER.

22. **The CROSSTRAINER includes three pairs of hand weights. Do not use any other weights with the CROSSTRAINER.**

23. **Before moving the CROSSTRAINER, make sure that the bench and treadmill are folded to the storage position, and that the lock pins are fully engaged (see HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION on page 11, and HOW TO FOLD THE BENCH TO THE STORAGE POSITION on page 14).**

24. **Never insert any object into any opening.**

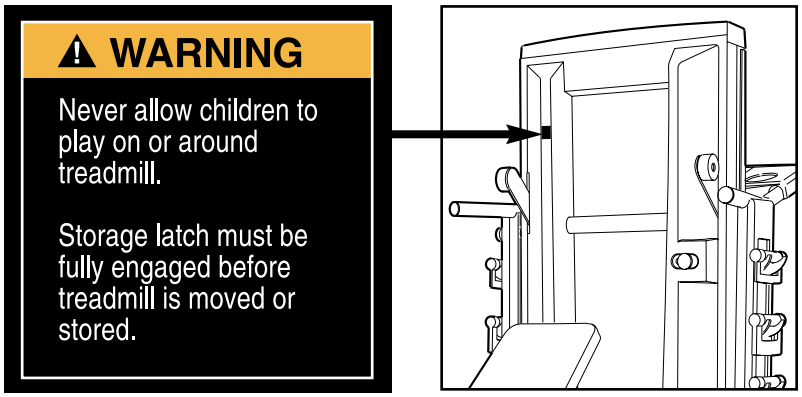
25. **Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed only by an authorised service representative.**

26. **The CROSSTRAINER is intended for in-home use only. Do not use the CROSSTRAINER in any commercial, rental, or institutional setting.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on the CROSSTRAINER. If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on page 21 of this manual). Apply the decal in the location shown.

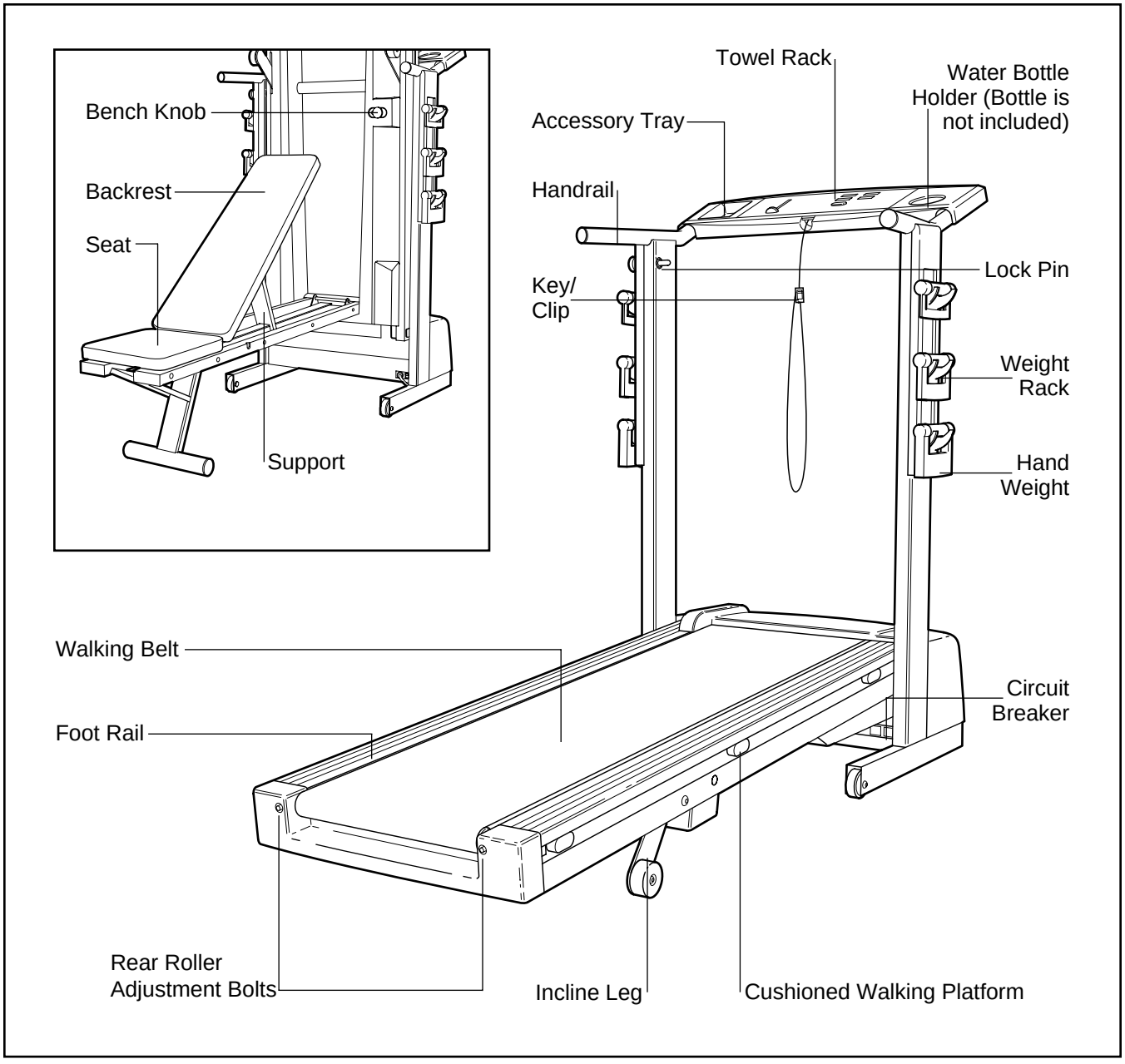

⚠ WARNING
Never allow children to play on or around treadmill.
Storage latch must be fully engaged before treadmill is moved or stored.

BEFORE YOU BEGIN

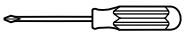
Congratulations for purchasing the revolutionary CROSSTRAINER from PROFORM®. The unique CROSSTRAINER offers both aerobic exercise and strength training exercise to help you achieve total fitness in the convenience of your home. And when you're not exercising, the CROSSTRAINER can be folded up, taking a fraction of the space needed for both a treadmill and a bench.

For your benefit, read this manual before using the CROSSTRAINER. If you have additional questions, please call our Customer Service Department at **1-800-936-4266.** To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PCTL50070. The serial number can be found on a decal attached to the CROSSTRAINER (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



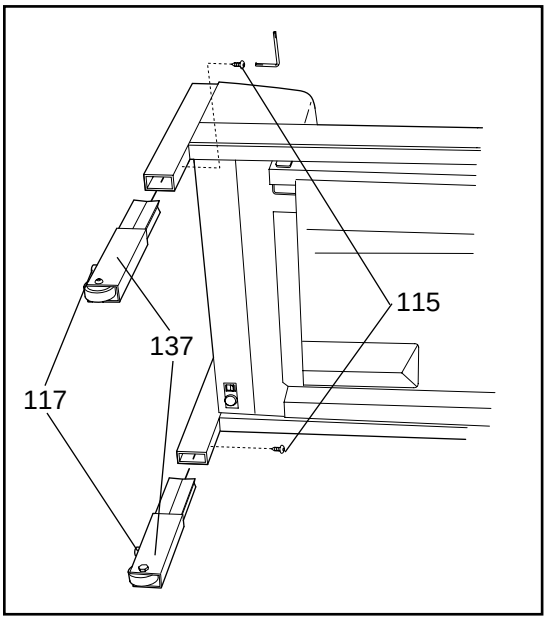
ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires a phillips screwdriver**  **(not included).**

1. With the help of a second person, carefully lay the treadmill on its right side as shown (refer to the drawing on page 4 to identify the right side).

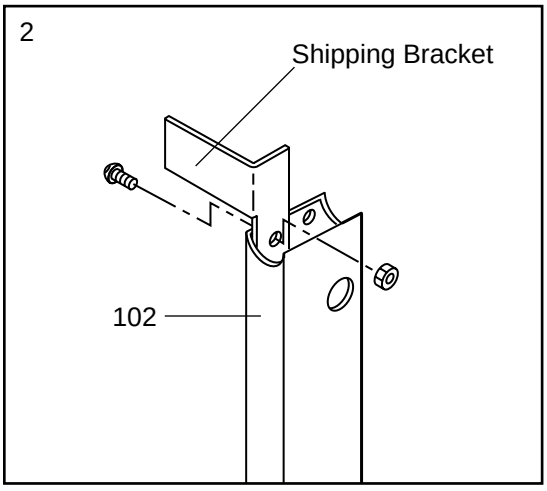
   Insert the Extension Legs (137) into the treadmill. Make sure that the Extension Legs are turned so the Base Pads (117) are on the indicated side. Attach each Extension Leg with an Extension Leg Screw (115).

   With the help of a second person, carefully raise the treadmill to the upright position so that both Extension Legs (137) are resting flat on the floor.

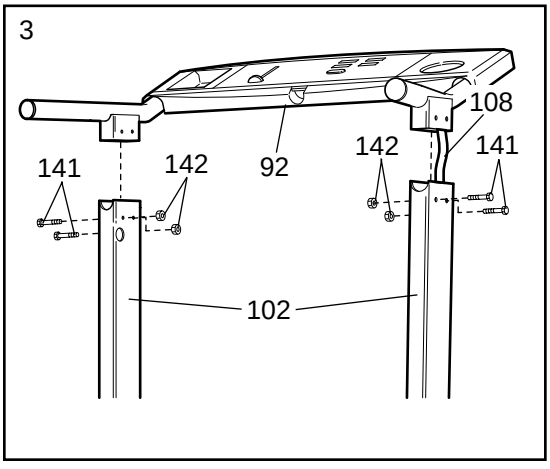


2. Refer to HOW TO LOWER THE TREADMILL FOR USE on page 11. Follow the instructions on page 11 to lower the treadmill.

   Next, remove the nut, bolt, and shipping bracket from the left Upright (102).

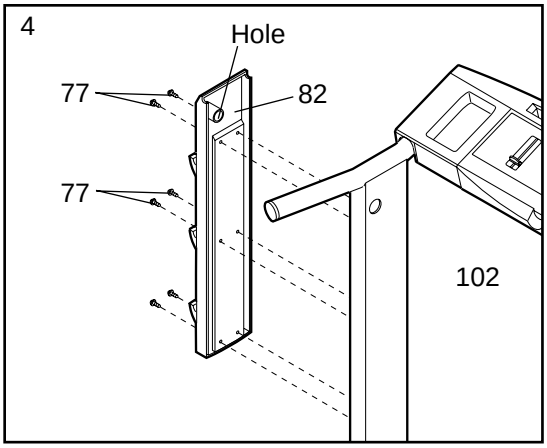


3. Insert any slack in the Wire Harness (108) into the right Upright (102). Next, insert the brackets on the Console Base (92) into the Uprights as shown. Firmly tighten four Handrail Bolts (141) with Handrail Nuts (142) into the Uprights and the Console Base.

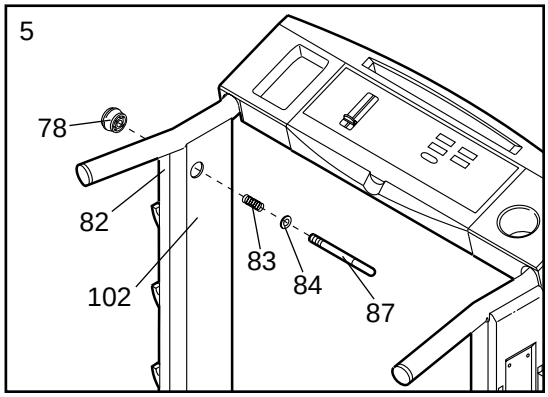


4. Locate the Left Weight Rack (82), which can be identified by the hole near the top. Attach the Left Weight Rack to the left Upright (102) with six Weight Rack Screws (77).

   Attach the Right Weight Rack to the right Upright in the same manner (not shown).

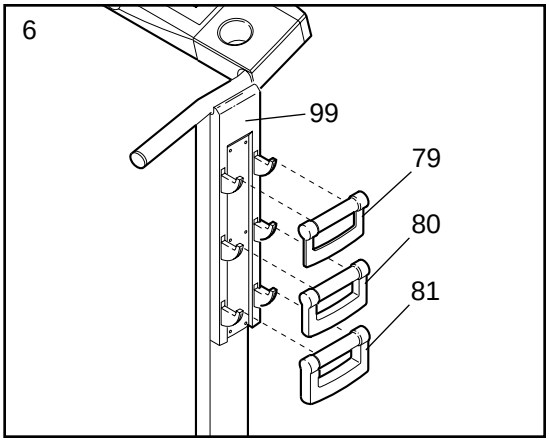


5. Slide the Lock Pin Collar (84) and the Spring (83) onto the Lock Pin (87). Insert the Lock Pin into the left Upright (102) and the Left Weight Rack (82). Tighten the Treadmill Knob (78) onto the Lock Pin.

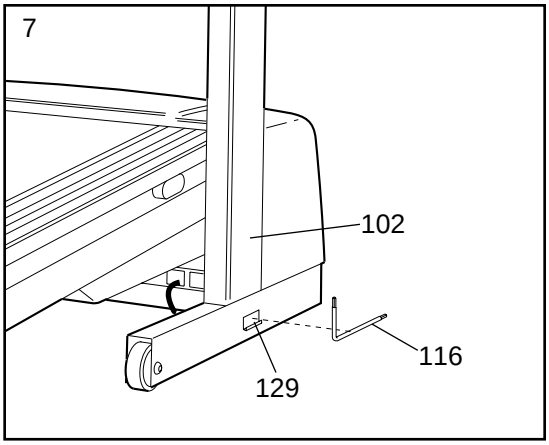


6. Put a 2-lb. Weight (79) on the upper hooks on the Right Weight Rack (99). Put a 4-lb. Weight (80) on the centre hooks on the Right Weight Rack. Put a 6-lb. Weight (81) on the lower hooks on the Right Weight Rack.

   Put the remaining Weights on the Left Weight Rack (not shown).



7. Remove the backing from the Adhesive Clip (129). Press the Adhesive Clip onto the base of the Uprights (102) in the indicated location. Press the Allen Wrench (116) into the Adhesive Clip.



8. **Make sure that all parts of the CROSSTRAINER are properly tightened. To protect the floor or carpet from damage, place a mat under the CROSSTRAINER.**

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.**

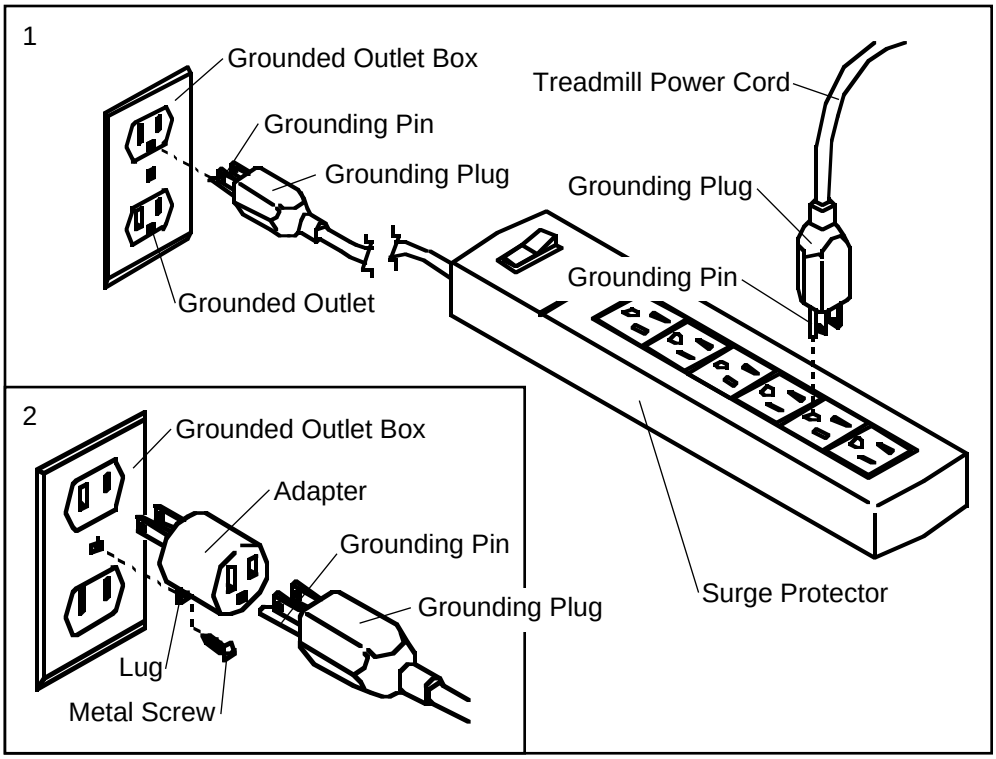
Surge protectors are sold at most hardware stores and department stores. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

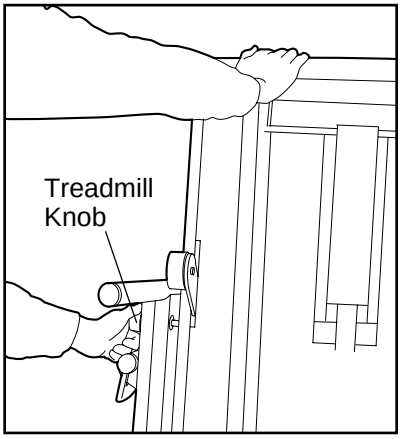
The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



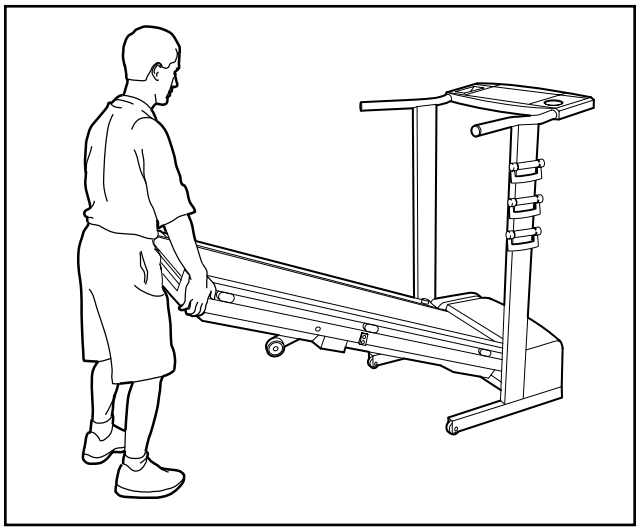
HOW TO LOWER THE TREADMILL FOR USE

To use the treadmill, the bench must be folded to the storage position. See HOW TO FOLD THE BENCH TO THE STORAGE POSITION on page 14.
Caution: You must be able to safely lift 45 pounds (20 kg) in order to lower the treadmill.

To lower the treadmill, hold the upper end of the treadmill with your right hand as shown. Hold the treadmill knob with your left hand and pull it to the left. Pivot the treadmill down a few inches.



Next, hold the treadmill with both hands as shown below and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



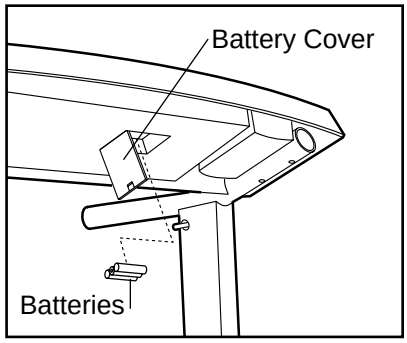
THE PERFORMANT LUBE™ WALKING BELT

The CROSSTRAINER features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

BATTERY INSTALLATION

The console requires **three "AA" batteries** (not included) for operation. Alkaline batteries are recommended.

To install batteries, first open the battery cover under the console as shown. Next, press three batteries into the battery compartment. **Make sure that the negative ends of the batteries (marked "–") are touching the springs in the battery compartment.** Close the battery cover.

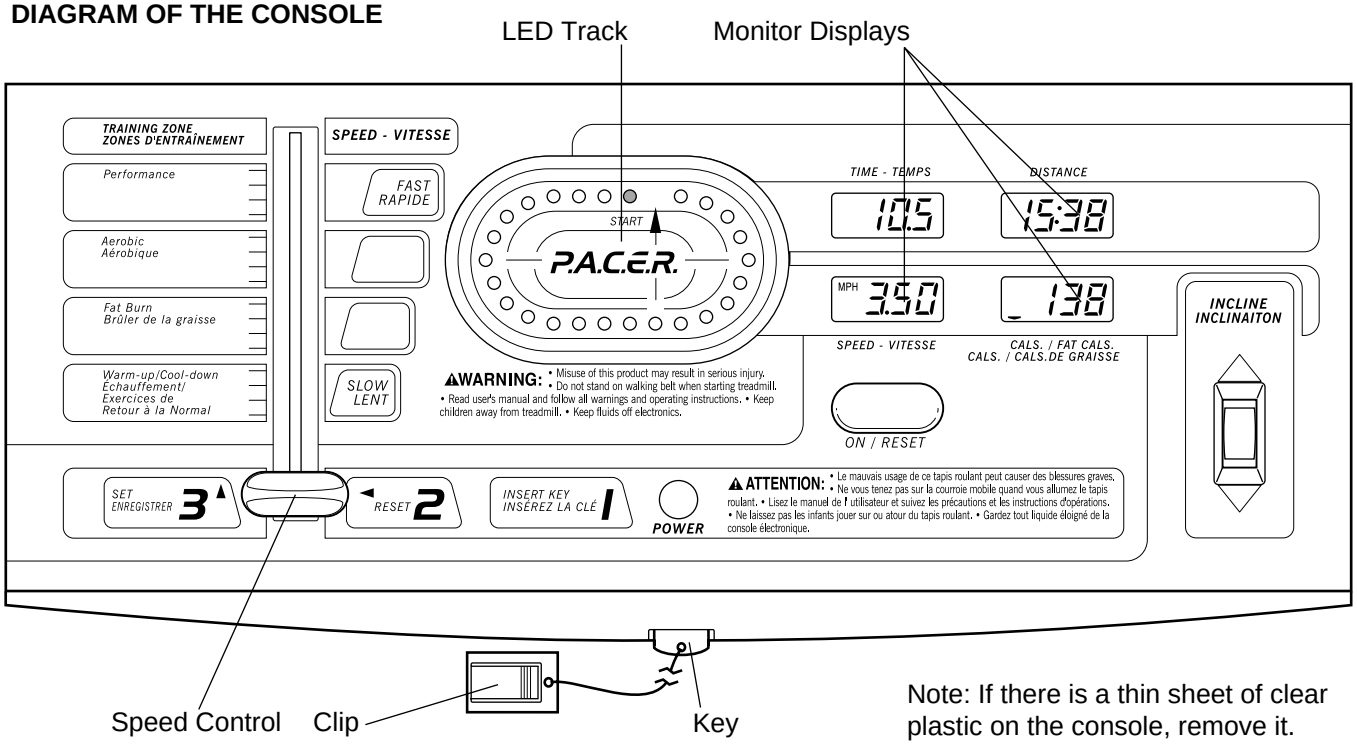


Note: If there is a thin sheet of clear film on the face of the console, remove it.

⚠CAUTION: Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip (see the drawing on page 10) while using the CROSSTRAINER. When the key is removed from the console, the walking belt will stop.**
- **The CROSSTRAINER is capable of high speeds. Adjust the speed in small increments.**
- **The training zones marked beside the speed control are general guidelines only. See page 12 for more information.**
- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Use only a sealable water bottle.**

DIAGRAM OF THE CONSOLE

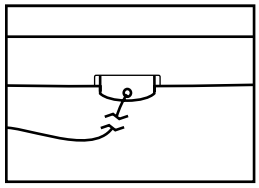


Note: If there is a thin sheet of clear plastic on the console, remove it.

STEP BY STEP CONSOLE OPERATION

Step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing. Follow the steps below and on page 11 to operate the console.

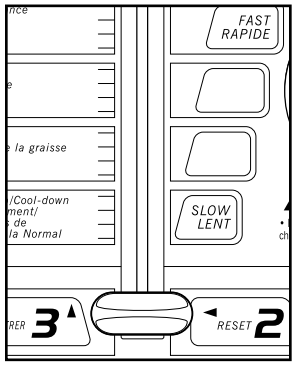
1 **Insert the key fully into the power switch.**



When the key is inserted, the first indicator in the LED track will light. The four displays will not turn on until the ON/RESET button is pressed or the walking belt is started. Note: If you just installed batteries, the displays will already be on.

2 **Reset the speed control.**

Slide the speed control down to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**

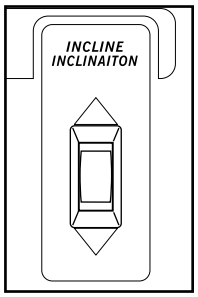


3 **Start the walking belt.**

After you have moved the speed control to the RESET position, slide it slowly upward until the walking belt begins to move at slow speed. Carefully begin walking on the walking belt. Change the speed of the walking belt as desired by sliding the speed control. To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

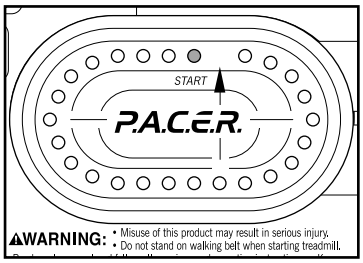
4 **Change the incline of the treadmill, if desired.**

To increase or decrease the incline, hold down the top or bottom of the incline button. **Important: Do not change the incline of the treadmill by placing objects under the treadmill. Change the incline only as described above.**

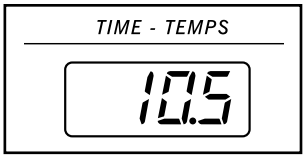


Important: Before folding the treadmill, adjust the incline to the lowest position.

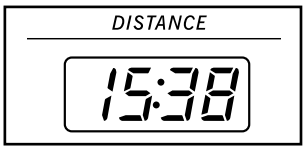
5 Follow your progress with the LED track and the four monitor displays.


START
P.A.C.E.R.
WARNING: • Misuse of this product may result in serious injury.
• Do not stand on walking belt when starting treadmill.

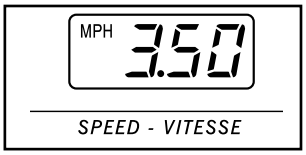
The LED Track—The LED track in the centre of the console represent a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. The first indicator above the word START will then light and another lap will begin.



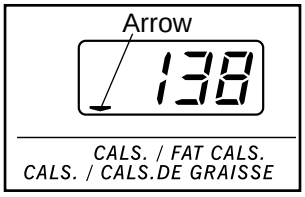
The TIME display—This display shows the total time that you have walked or run on the treadmill.



The DISTANCE display—This display shows the total distance that you have walked or run, in miles.



The SPEED display—This display shows the speed of the walking belt, in miles per hour.



The CALORIES/ FAT CALORIES display—This display shows the approximate numbers of *calories* and *fat calories* you have burned. (See FAT BURNING on page 12.) Every seven seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown.

Note: The displays can be reset by pressing the ON/RESET button.

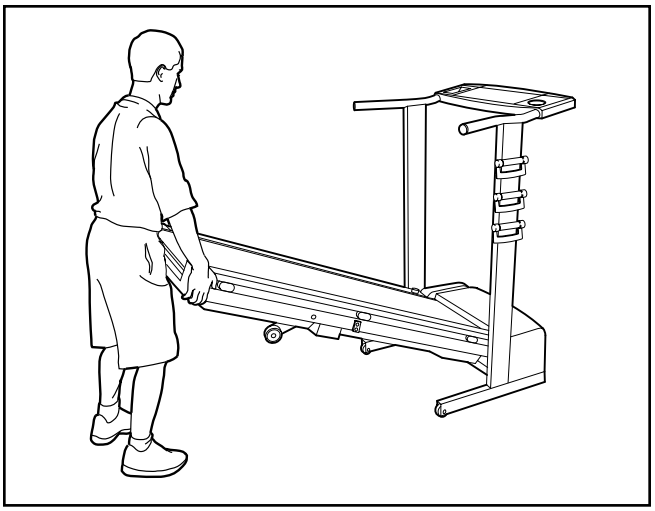
6 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a secure place. **After the key is removed, the displays will remain on for about five minutes. Note: Any time that the walking belt is stopped and no console buttons are pressed for five minutes, the displays will automatically turn off.**

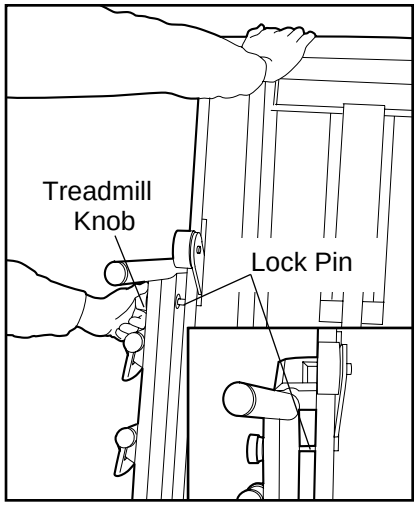
HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION

Before folding the treadmill, unplug the power cord. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise the treadmill.**

Hold the treadmill in the locations shown below. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill until it is almost vertical.



Next, hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the treadmill knob to the left. Pivot the treadmill until the lock pin is aligned with the hole in the side of the treadmill frame (refer to the inset drawing). Slowly release the knob. **Make sure that the lock pin is inserted into the hole in the treadmill frame.**



Note: To protect the floor or carpet from damage, place a mat under the CROSSTRAINER. Keep the CROSSTRAINER out of direct sunlight. Do not leave the CROSSTRAINER in the storage position in temperatures above 85° Fahrenheit.

HOW TO EXERCISE ON THE TREADMILL

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONE

	MIN BPM ♥		♥ MAX BPM
AGE	Fat Burn	Max Burn	Aerobic
20	125	145	165
30	120	138	155
40	115	130	145
50	110	125	140
60	105	118	130
70	95	110	125
80	90	103	115

To find the proper heart rate for you, first find your age on the left side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the right of your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone. It may also be helpful to set the speed control on the console to FAT BURN to help you maintain the proper intensity level. (See page 10.)

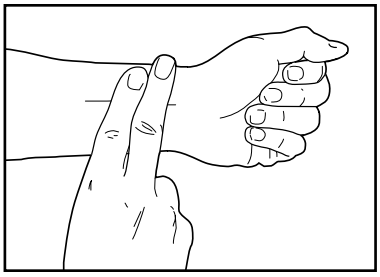
Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone. It may also be helpful to set the speed control on the console to AEROBIC to help you maintain the proper intensity level. (See page 10.)

High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level. (See page 10.) Note: During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

WORKOUT GUIDELINES

A well-rounded workout includes the following three important parts:

A Warm-up

Start each workout with 5 to 8 minutes of stretching and light exercise (see SUGGESTED STRETCHES on page 13). A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—do not hold your breath.

A Cool-down

Finish each workout with 5 to 8 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

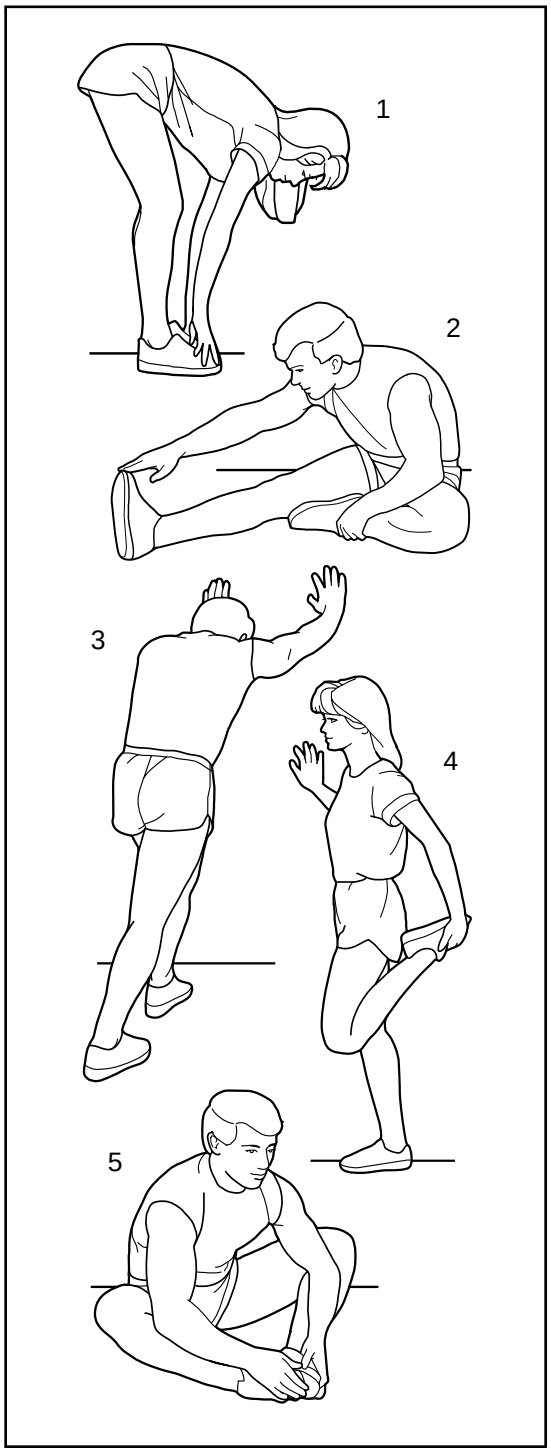
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

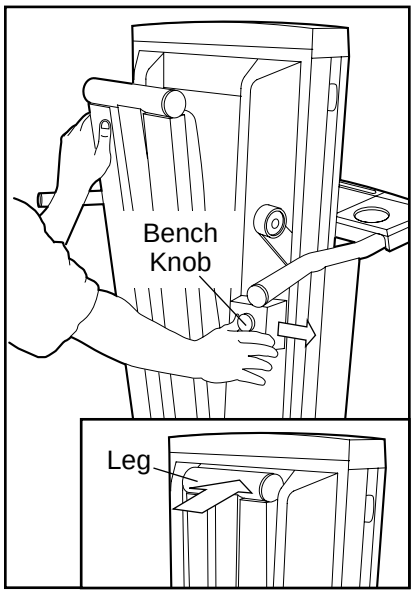
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



HOW TO OPERATE THE WEIGHT BENCH

HOW TO LOWER THE BENCH FOR USE

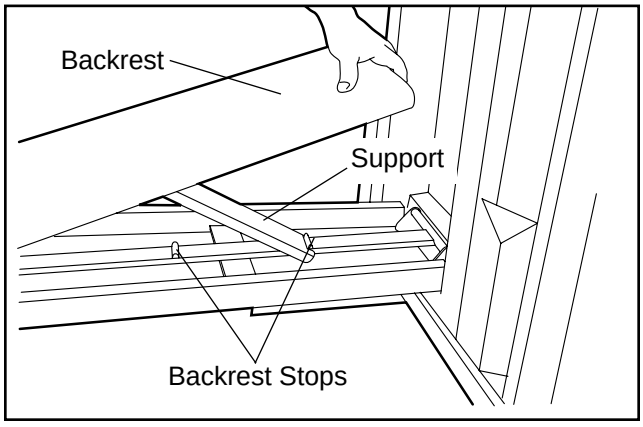
To use the bench, the treadmill must be folded to the storage position. See HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION on page 11.

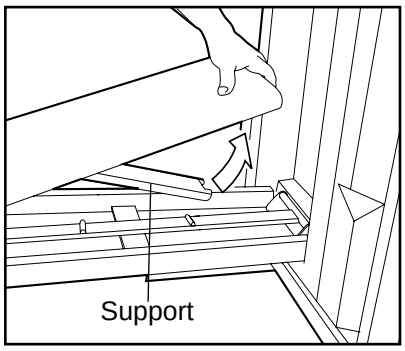


Hold the end of the bench as shown—do not hold the leg. Using your right hand, slide the bench knob to the right as far as possible. **Make sure that the knob is moved all of the way to the "bench" position.** Note: It may be necessary to push on the leg while you slide the knob to the "bench" position. Lower the bench until the leg is resting on the floor.

HOW TO ADJUST THE BACKREST

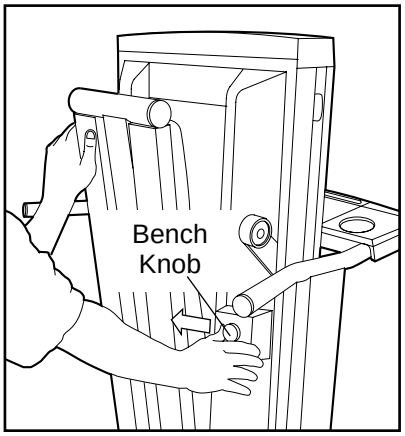
The backrest can be used in a level position or in either of two inclined positions. When the bench is first lowered, the backrest will be in the level position. To adjust the backrest to one of the inclined positions, first raise the backrest and lower the support (see the drawing below). Rest the end of the support against either of the backrest stops as shown. **Make sure that the support is resting against one of the backrest stops.**





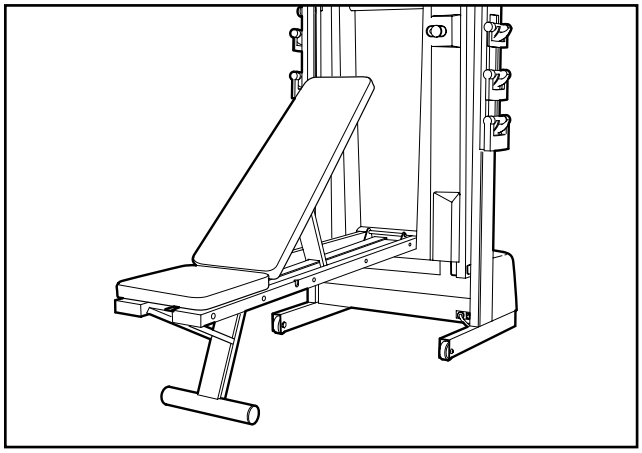
To adjust the backrest to the level position, first raise the backrest slightly. Pivot the end of the support **in the direction shown by the arrow**. Lower the backrest onto the bench frame.

HOW TO FOLD THE BENCH TO THE STORAGE POSITION



Raise the bench to the vertical position and hold it in place. Using your right hand, slide the bench knob to the left as far as possible. **Make sure that the knob is moved all of the way to the "treadmill" position.** Refer to the inset drawing. **Make sure that the lock pin is inserted in the hole into the bench frame.**

HOW TO EXERCISE ON THE WEIGHT BENCH



The CROSSTRAINER offers a variety of exercises designed to trim, tone, and strengthen the body. **Please read these guidelines before using the weight bench. WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

STRENGTH TRAINING GUIDELINES

Your strength training program should include three workouts each week. To give your body time to rest, workouts should be on alternating days, such as Monday, Wednesday, and Friday. Instead of waiting for a convenient time to exercise, plan a specific time. The morning hours work well for many, and the self-discipline required to rise early and exercise may result in greater productivity throughout the day. For others, exercising before dinner offers a chance to wind down from the day's activities. Whatever time you choose, be consistent and stick with it.

Each workout should include three important parts: (1) a warm-up, (2) 6 to 10 exercises, and (3) a cool-down.

Warming Up

Begin each workout with 5 to 8 minutes of stretching (see SUGGESTED STRETCHES on page 13). Stretching prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature.

Exercises

Next, perform 6 to 10 of the exercises shown on the exercise chart on the CROSSTRAINER. To give balance and variety to your workouts, vary the exercises from workout to workout.

Begin with 1 set of 12 repetitions for each exercise that you do. (A "repetition" is one cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed without pausing.) As your fitness level increases, perform 2 sets of 12 repetitions for each exercise that you do. When you are ready for an advanced workout, try 3 sets of 12 repetitions. Always rest for at least 1 minute after each set. When you can complete 3 sets of 12 repetitions without difficulty, you may choose to use heavier weights. **CAUTION: The CROSSTRAINER includes three pairs of hand weights. Do not use any other weights with the CROSSTRAINER.**

Cooling Down

Finish each workout with 5 to 8 minutes of stretching to cool down. This will increase your flexibility, and will help to reduce post-exercise soreness.

Be careful to avoid overdoing it during the first few months of your exercise program—it is important to progress at your own pace. **CAUTION: If you feel pain or dizziness at any time, stop immediately and begin cooling down.**

EXERCISE FORM

For the best results, correct form is important. The exercise chart on the CROSSTRAINER shows the correct form for twenty different exercises. Try to move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform each exercise with a smooth, steady motion. Exhale as you exert yourself, and inhale as you return to the starting position; never hold your breath.

STAYING MOTIVATED

To stay motivated, try listening to music or watching television while you exercise. It may also be helpful to work out with a partner. Use a calendar to keep a record of your workouts, and write key body measurements at the end of every month. Remember, the key to lasting results is to make exercise a regular and enjoyable part of your daily life.

WEIGHT BENCH EXERCISES

The exercise chart on the CROSSTRAINER shows twenty exercises that can be performed on the weight bench. **Read the exercise guidelines on this page before beginning any exercises.**

1. **Flat Bench Press**—Press the weights up in a straight line from your chest.

2. **Flat Bench Flyes**—With the bench in a flat position, bend your elbows slightly and bring the weights together above your chest.

3. **Incline Flyes**—With the bench in an inclined position, bend your elbows slightly and bring the weights together above your chest.

4. **One Arm Row**—Lift a weight up and back, bending your elbow as shown. Repeat this exercise with your other arm.

5. **Bent Over Lat Raise**—Lift the weights to the side, bringing your shoulder blades towards each other.

6. **Seated Overhead Raise—**Press the weights up in a straight line until they are overhead.

7. **Lateral Raise**—Raise the weights to the side until they are even with your shoulders.

8. **Front Raise**—Raise the weights to the front until your arms are in a horizontal position.

9. **Upright Row**—Keeping your hands close together and your elbows outward, bring the weights up to your chin.

10. **Seated Curl**—Keeping your upper arms stationary, bring the weights up to shoulder level.

11. **Incline Curl**—With the bench in an inclined position, bring the weights up to shoulder level. Be sure to keep your upper arms stationary.

12. **Concentration Curl**—Keeping one elbow pressed against your inner thigh, lift a weight by bending your elbow. Repeat this exercise with the other arm.

13. **Seated Overhead Press**—While seated on the bench, press a weight up in a straight line by bending your elbow. Repeat this exercise with your other arm.

14. **Lying Overhead Press**—While lying on the bench, press a weight up in a straight line by bending your elbow. Repeat this exercise with your other arm.

15. **Kickback**—Keeping your upper arm stationary, bring a weight up and back as shown. Repeat this exercise with the other arm.

16. **Flat Bench Crunch**—Lie on the bench. Using your abdominal muscles, raise your upper body a few inches. Be sure to keep your back straight.

17. **Vertical Sit-ups**—Hold the bench as shown and pull both knees toward your chest.

18. **Crunch with Weights**—Lie on the bench and hold one or two weights against your chest. Using your abdominal muscles, raise your upper body a few inches. Be sure to keep your back straight.

19. **Shrug**—Keeping your arms against your sides, raise your shoulders.

20. **Forearm Curl**—Rest your forearm on the bench as shown. Using your wrist, curl a weight upward. Repeat this exercise with your other arm.

MAINTENANCE AND TROUBLE-SHOOTING

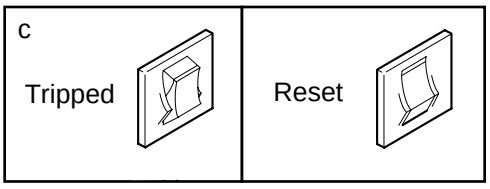
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 8.) Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. See step 1 on page 10.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

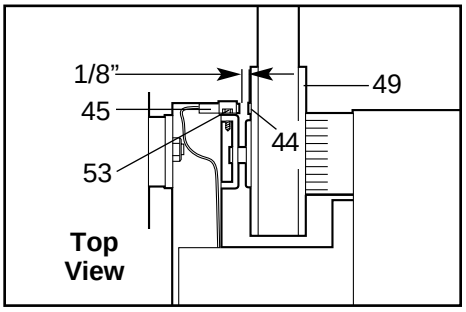
c. Remove the key from the console. Reinsert the key fully into the console. See step 1 on page 10.

d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

PROBLEM: The displays of the console do not function properly

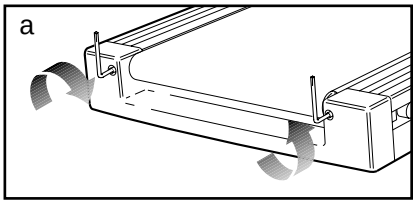
SOLUTION: a. Check the batteries in the console. See BATTERY INSTALLATION on page 9. Most problems are the result of drained batteries.

b. Remove the six screws from the hood. Carefully remove the hood. Locate the Reed Switch (45) and the Magnet (44) on the left side of the Pulley (49). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (53) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

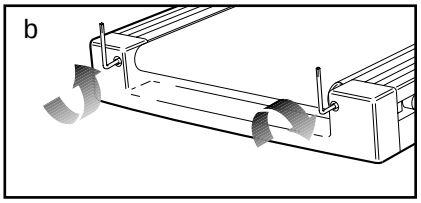


PROBLEM: The walking belt is off-centre or slips when walked on

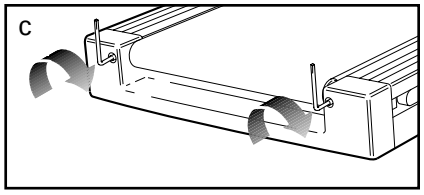
SOLUTION: a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



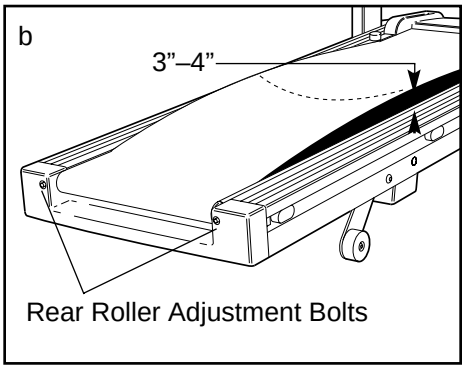
c. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. The centre of the walking belt should just touch the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. The centre of the walking belt should just touch the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



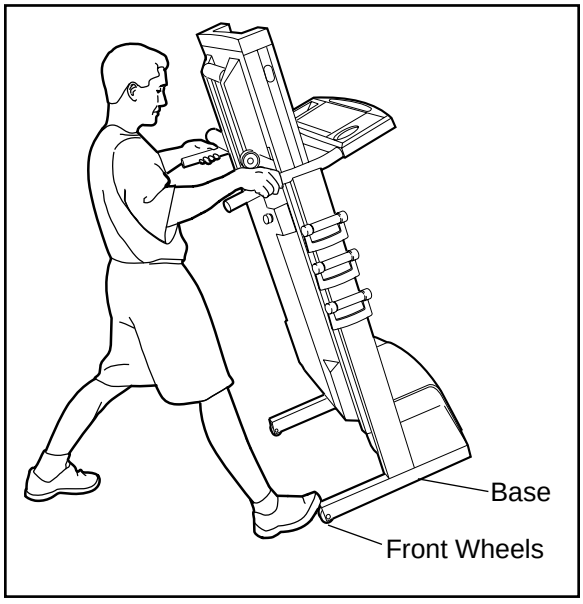
c. If the walking belt still slows when walked on, please call our Customer Service Department toll-free.

HOW TO MOVE THE CROSSTRAINER

Before moving the CROSSTRAINER, make sure that the bench and treadmill are folded to the storage position, and that the lock pins are fully engaged (see HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION on page 11, and HOW TO FOLD THE BENCH TO THE STORAGE POSITION on page 14).

To move the CROSSTRAINER, first hold the handrails and place one foot on the base as shown.

Next, tilt the CROSSTRAINER back until it rolls freely on the front wheels. Carefully move the CROSSTRAINER to the desired location. Place one foot on the base, and carefully lower the CROSSTRAINER until it is resting on the base. **Never move the CROSSTRAINER without tipping it back, or the base pads may come off. To reduce the risk of injury, use extreme caution while moving the CROSSTRAINER. Do not move the CROSSTRAINER over an uneven surface.**



PART LIST—Model No. PCTL50070

R0698A

Key No.	Qty.	Description
1	1	Backrest
2	6	Backrest Screw
3	6	Nut
4	4	Backrest Support Bolt
5	1	Left Backrest Frame
6	1	Right Backrest Frame
7	2	Bench Frame Spacer
8	1	Bench Bracket
9	2	Bench Bracket Bolt
10	1	Bench Pivot Bolt
11	2	Bench Support Pivot Bolt
12	1	Backrest Support
13	1	Bench Adjustment
14	1	Bench Seat
15	1	Bench Pin
16	1	Bench Back
17	10	Plastic Fastener
18	2	Bench Leg Cap
19	1	Bench Leg
20	1	Bench Leg Pivot Bolt
21	1	Bench Poster
22*	1	Latch Assembly
23	1	Bench Bottom
24	2	Rear Roller Adj. Bolt
25	5	Adjustment Washer
26	2	Rear Roller Endcap Screw
27	2	Endcap Screw
28	1	Rear Roller Endcap
29	1	Latch Warning Decal
30	1	Belly Pan
31	1	Frame
32	1	Solid Isolator
33	2	Rear Isolator Screw
34	4	Isolator Screw
35	4	Isolator
36	1	Rear Roller
37	1	Left Foot Rail
38	1	Right Foot Rail
39	1	Walking Belt
40	1	Motor Pivot Nut
41	6	Walking Platform Screw
42	1	Walking Platform
43	2	Upright Spacer
44	1	Magnet
45	1	Reed Switch/Sensor Wire
46	1	Reed Switch Clip
47	1	Ground Wire
48	2	Upright Pivot Washer
49	1	Front Roller/Pulley
50	2	Cage Nut
51	1	Front Roller Adj. Bolt
52	2	Belt Guide
53	50	Screw
54	4	Incline Bracket Bolt
55	1	Incline Bracket
56	1	Incline Motor
57	14	Incline Nut
58	1	Bench Lock Pin
59	2	Bench Latch Bolt
60	2	Bench Latch Washer
61	1	Latch Frame Spacer
62	1	Latch Slide
63	1	Latch Bracket
64	2	Latch Bolt
65	1	Latch Bracket
66	2	Incline Leg Bolt
67	2	Wheel Bolt
68	2	Wheel
69	1	Motor
70	1	Flywheel
71	1	Incline Leg
72	1	Latch Spring
73	4	Tie Clamp
74	2	Spring Screw
75	2	Releasable Tie
76	4	7 1/2” Cable Tie
77	12	Weight Rack Screw
78	2	Lock Knob
79	2	2-lb. Weight
80	2	4-lb. Weight
81	2	6-lb. Weight
82	1	Left Weight Rack
83	1	Lock Knob Spring
84	1	Lock Pin Collar
85	1	Incline Motor Spacer
86	1	Latch Clip
87	1	Treadmill Lock Pin
88	2	Handrail Cap
89	1	Motor Belt
90	4	Console Base Screw
91	2	Frame Guide
92	1	Console Base
93	1	Speed Control Knob
94	1	Speed Potentiometer
95	1	Battery Cover
96*	1	Console
97	3	Nylon Washer
98	1	Key/Clip
99	1	Right Weight Rack
100*	1	Motor Assembly
101	1	Motor Pivot Bolt
102	1	Upright/Base
103	1	Shock
104	1	Frame Guide Spacer
105	1	Motor Tension Washer
106	1	Tension Star Washer
107	1	Motor Tension Nut
108	1	Wire Harness
109	2	Front Wheel Bolt
110	2	Front Wheel
111	2	Front Wheel Nut
112	1	Choke
113	1	Receptacal
114	1	Filter
115	2	Extension Leg Screw
116	1	Allen Wrench
117	4	Base Pad
118	2	Upright Pivot Bolt
119	2	Upright Pivot Washer
120	1	Belly Pan
121	2	Bench Lock Bolt
122	2	Ground Nut
123	1	Controller
124	1	Hood Cover
125	1	Hood
126	2	Backrest Spacer
127	2	Bench Pin Cap
128	6	Front Belly Pan Screw
129	1	Adhesive Clip
130	1	Incline Switch
131	1	8” Green Ground Wire
132	1	Console Plug
133	3	Nylon Washer
134	1	Incline Wire Harness
135	1	Left Handrail
136	1	Right Handrail
137	2	Leg Extension
138	1	Incline Stop Bracket
139	2	Ground Washer
140	2	Ground Screw
141	4	Handrail Bolt
142	4	Handrail nut
#	1	10” White, 2 Female/ 1 Male
#	1	4” White, 2 Female
#	1	8” White Jumper
#	1	4” Black, 2 Female
#	1	8” Blue Male/Female
#	1	4” Green/Yellow
#	1	User’s Manual

* Includes all parts shown in the box

These parts are not illustrated

CUSTOMER RECORDS

Model No.: _____ Serial No.: _____

Retailer Name: _____ Purchase Date: _____

Retailer Address: _____

ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Thursday, 6 a.m. until 6:30 p.m., Friday, 6 a.m. until 6 p.m., ET (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PCTL50070).
- The NAME OF THE PRODUCT (PROFORM® CROSSTRAINER treadmill).
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual).
- The KEY NUMBER OF THE PART(S) (see the EXPLODED DRAWING attached to the centre of this manual).
- The DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING attached to the centre of this manual).

If possible, place the treadmill near your telephone for easy reference when calling.

PLACE STAMP HERE

ICON of Canada Inc.
900 de l'Industrie
St-Jérôme, Québec
Canada, J7Y 4B8

LIMITED WARRANTY

ICON OF/DU CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorised service centres. All products for which warranty claim is made must be received by ICON at one of its authorised service centres with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorised by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorised service centre, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorised by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF/DU CANADA, 900 de l'Industrie, St. Jerôme, QC J7Y 4B8

ICON of/du Canada Inc. WEIDER PROFORM WESLO

PRODUCT WARRANTY REGISTRATION

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO. _____ SERIAL NO. _____ PURCHASE DATE: _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

1) Primary user(s) of product:
❑ Male ❑ Female ❑ Family

2) Age of primary user:
❑ 0–24 ❑ 35–44 ❑ 55–64
❑ 25–34 ❑ 45–54 ❑ 65 and over

3) Annual household income:
❑ 0–9,999 ❑ 15,000–19,999
❑ 10,000–14,999 ❑ 20,000+

4) How many times a week do you exercise?
❑ Less than 3 times ❑ 3 times or more

5) Have you ever purchased an ICON product before?
❑ Yes ❑ No

6) Where did you first see or hear about ICON products?
❑ Magazine ❑ Friend/relative
❑ Newspaper Ad ❑ Store
❑ Other

7) What was the primary reason for purchasing this ICON product?
❑ Store Employee ❑ Television Ads ❑ Colour
❑ Electronic Features ❑ Magazine Ads ❑ Price
❑ Product Design ❑ Product Innovation
❑ Other Features

8) Did you consider purchasing fitness equipment from another manufacturer?
❑ No ❑ Yes
What other Manufacturer? _____

9) Based on your impression of what you have purchased, would you buy another ICON product?
❑ Yes ❑ No ❑ No Opinion
If not, what other brand name equipment would you purchase?
_____

10) What other type of exercise equipment do you own?
❑ Bicycle ❑ Exercise Cycle ❑ Treadmill
❑ Home Gym ❑ Weight Bench ❑ Stepper
❑ Cardio Glide ❑ Other

11) Which type of magazines do you read regularly?
❑ Sports ❑ Fitness ❑ Motoring
❑ Business ❑ Computer ❑ General

12) Do you wish to be sent further bulletins about ICON products?
❑ Yes ❑ No

THANK YOU FOR YOUR TIME

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EXPLODED DRAWING—Model No. PETL50070

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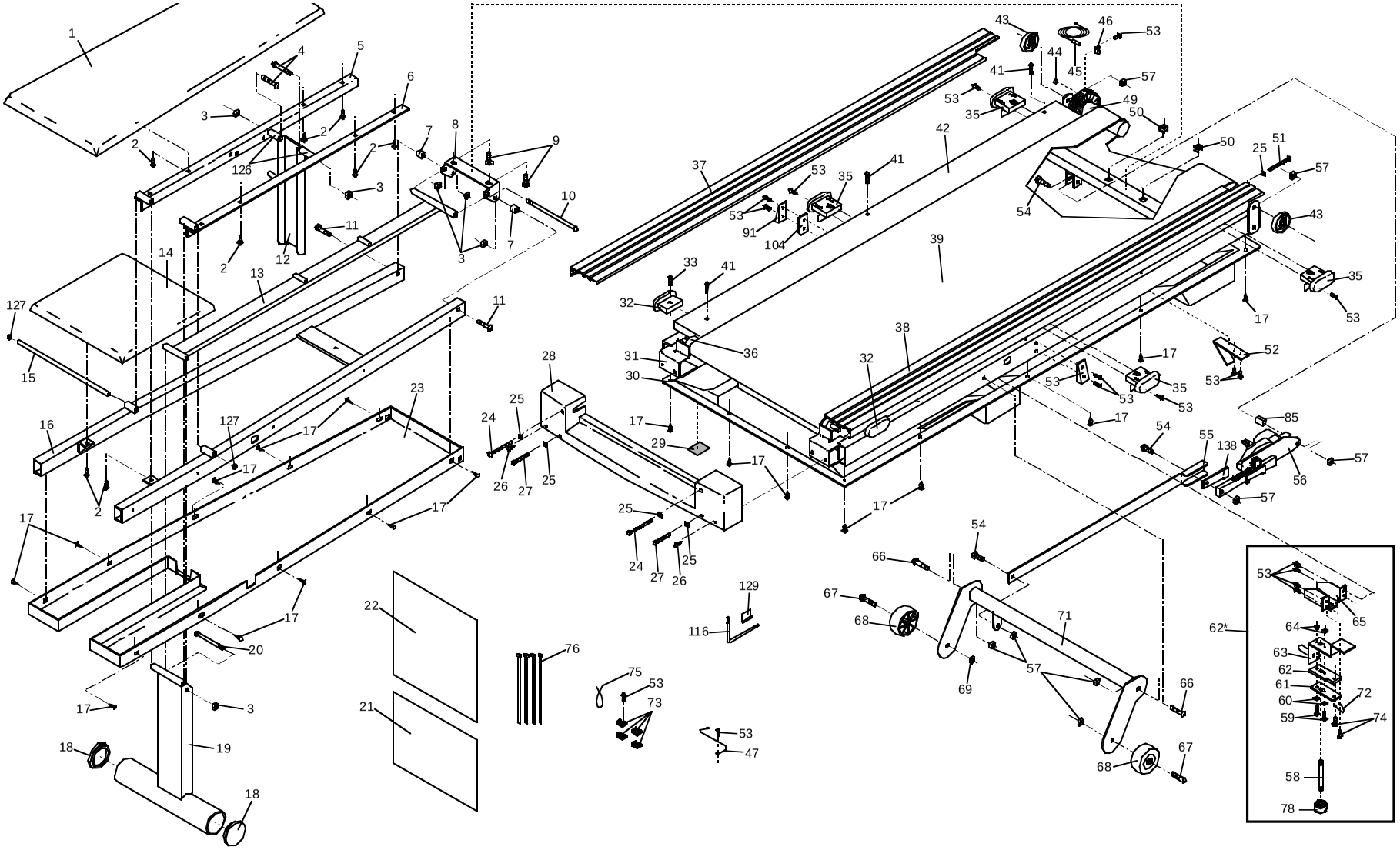

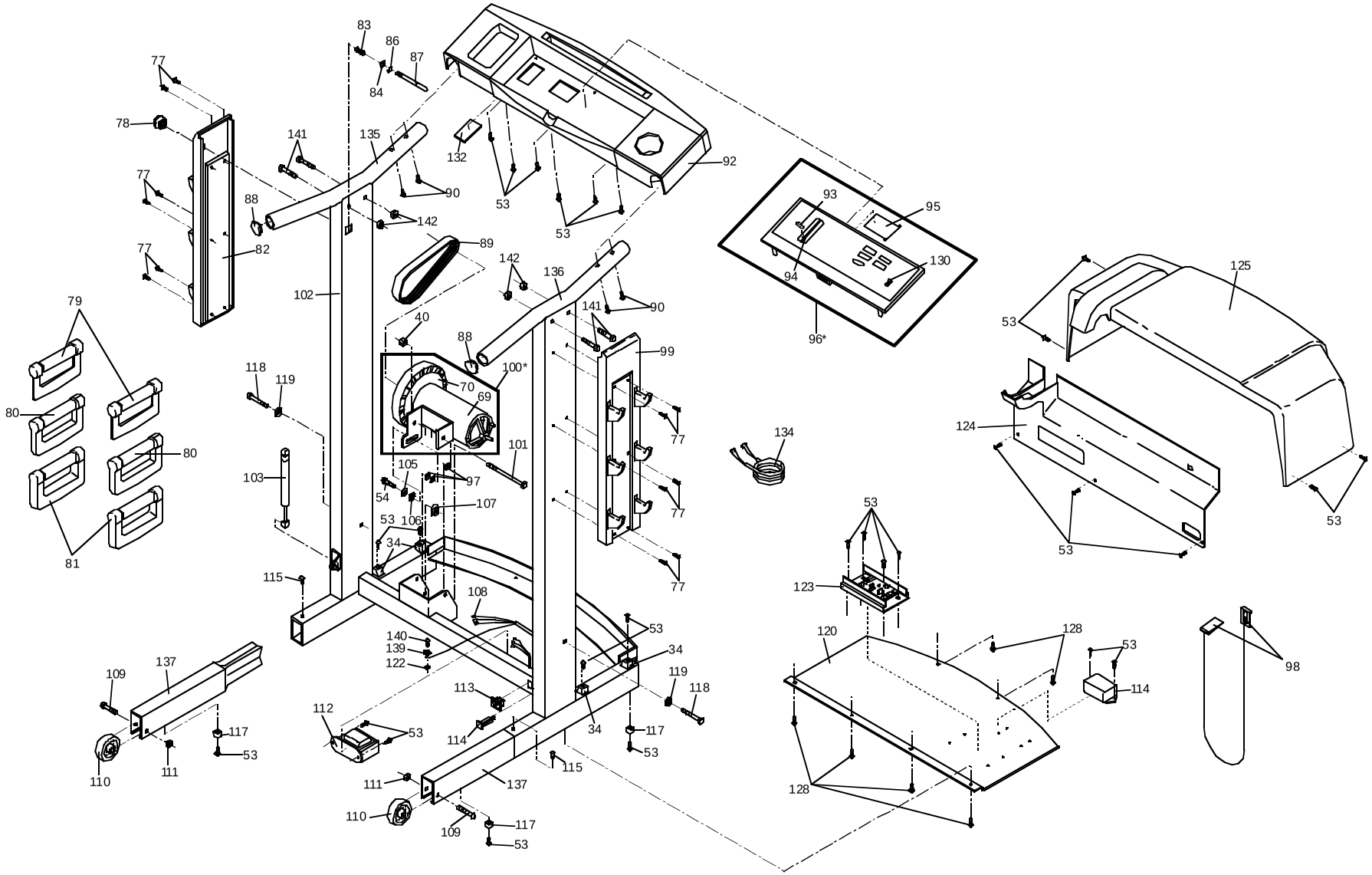
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